Adult Daycare Food Program FOOD CHART

	FOOD (JIIANI		
FOOD COMPONENTS	Breakfast	Lunch	Supper	Snack
MILK Fluid milk	1 cup	1 cup	No milk required at supper.	1 cup
VEGETABLES AND/OR FRUITS Vegetable(s) and/or Fruit(s) or Full strength vegetable or fruit juice	½ cup ½ cup	Must offer at least two different	Must offer at least two different	½ cup
or An equivalent combination of vegetables, fruits, and juice	72 cup	varieties to total 1 cup.	varieties to total 1 cup.	/2 cu p
GRAINS/BREAD/BREAD ALTERNATES	Two servings of bread/bread alternates must be offered at breakfast, lunch, and supper. For example: 2 slices of toast or ½ cup of pasta and 1 slice of bread.			
Bread or	1 slice	1 slice	1 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc.	1 serving	1 serving	1 serving	1 serving
Cold, dry cereal or	³ / ₄ cup or 1 oz.	³ / ₄ cup or 1 oz.	³ / ₄ cup or 1 oz.	³ / ₄ cup or 1 oz.
Cooked cereal or	½ cup	½ cup	½ cup	½ cup
Cooked pasta or noodle product or	½ cup	½ cup	½ cup	½ cup
Cooked cereal grains or an equivalent quantity of any combination of bread/bread alternates	½ cup	½ cup	½ cup	½ cup
MEAT/MEAT ALTERNATES				
Lean meat, poultry, or fish or	No meat/meat alternate is	2 oz.	2 oz.	1 oz.
Cheese	required at breakfast.	2 oz.	2 oz.	1 oz.
Eggs or		1 egg	1 egg	½ egg
Cooked dry beans or peas or		½ cup	½ cup	½ cup
Peanut butter or soynut butter or other nut or seed butters or		4 tbsp.	4 tbsp.	2 tbsp.
Peanuts or soynuts or tree nuts or seeds or		1 oz.=50%**	1 oz.=50%**	1 oz.
Yogurt, plain or sweetened and flavored		8 oz. or 1 cup	8 oz. or 1 cup	4 oz. or ½ cup
OFFER VERSUS SERVE	One of the four food items.	Two of the six food items.	Two of five food items.	Must serve two of the four components.

^{**}May only be used for 50% of the meat component.